

THE INFLUENCE OF PHYSICAL ACTIVITY AND SPORT ON THE HEALTH AND SUBJECTIVE WELL BEING OF SPANISH PEOPLE

David Moscoso ⁽¹⁾, **María Martín** ⁽²⁾,
Rafael Serrano ⁽³⁾, y **Lourdes Biedma** ⁽³⁾,

(1) Pablo de Olavide University, Seville, Spain

(2) Facultad de Ciencias de la Actividad Física y el Deporte,
Universidad Politécnica de Madrid

(3) Institute of Social Studies Advanced, Cordova, Spain

THE STUDY



THIS STUDY INVESTIGATES THE HYPOTHESIS THAT PHYSICAL ACTIVITY HAS A POSITIVE IMPACT ON IMPROVING THE INDIVIDUAL HEALTH AND WELL BEING

VERY STRONG EVIDENCE FOR THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND HEALTH IS OBSERVED IN EPIDEMIOLOGICAL AND LONGITUDINAL STUDIES

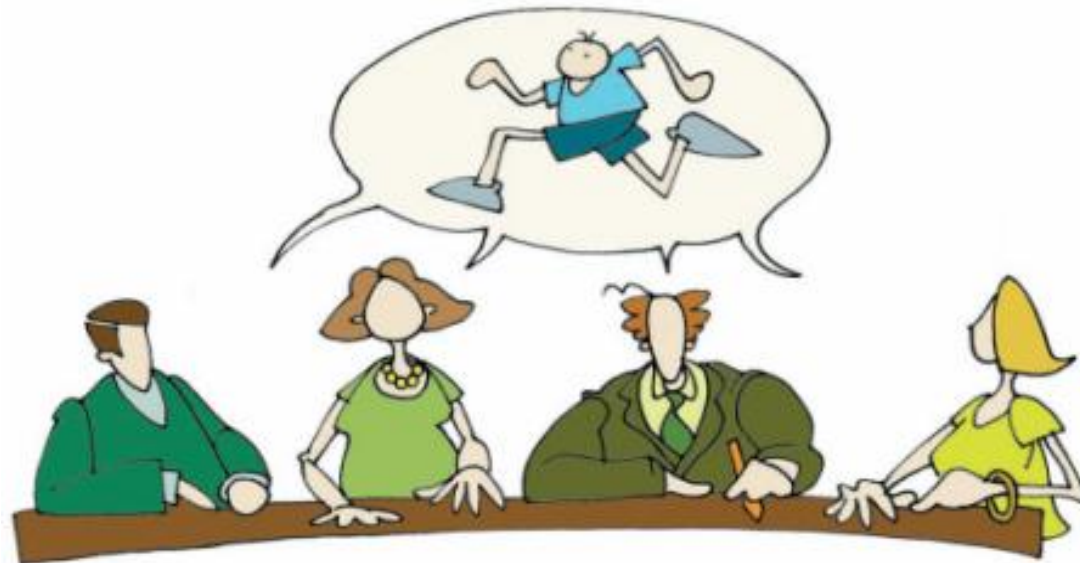
THE AIM OF THIS STUDY IS TO EXAMINE THE RELATIONSHIPS FROM THE PERSPECTIVE OF SOCIAL SCIENCES



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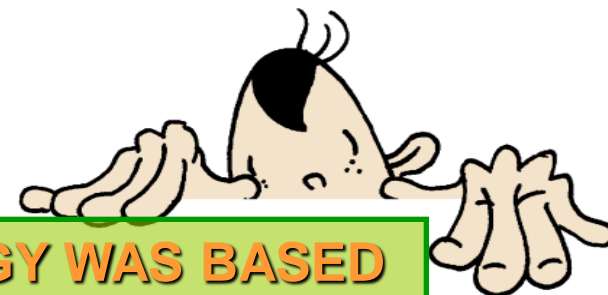
METHODOLOGY



WITH THIS PERSPECTIVE, HEALTH AND WELL BEING ARE NOT ONLY THE RESULT OF BIOLOGICAL AND PHYSICAL FUNCTIONING OF OUR BODY BUT ALSO THE INDIVIDUALS CULTURAL AND LIVING CONDITIONS

TO MEASURE THE INFLUENCE OF PHYSICAL ACTIVITY ON HEALTH AND SUBJECTIVE WELL-BEING, SEVERAL INDICATORS HAVE BEEN USED:

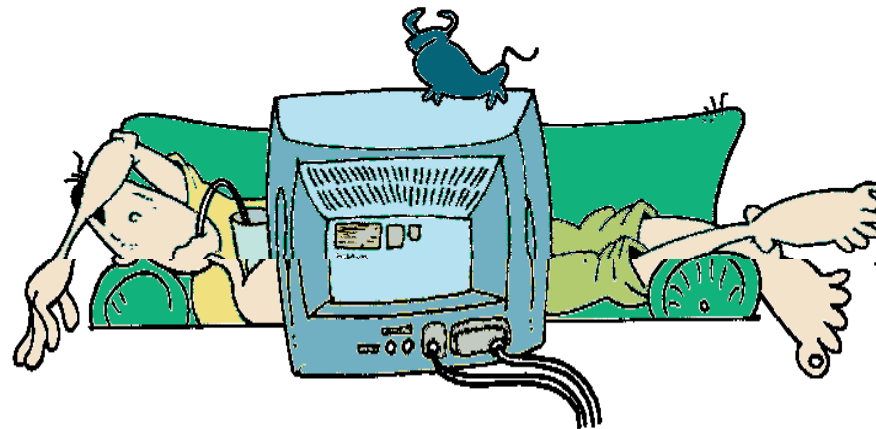
- 1) THE INDICATOR "PHYSICAL ACTIVITY" HAS MEASURED THE TYPE AND INTENSITY OF PHYSICAL ACTIVITY THAT IS DONE THROUGH SPORT, LEISURE TIME (WALKING) AND DAILY LIVING ACTIVITIES (SITTING, STANDING, WALKING OR DOING HEAVY WORK)**
- 2) THE INDICATOR "PERCEIVED HEALTH" CONSISTED OF TWO QUESTIONS REGARDING THE SELF-HEALTH STATUS**
- 3) THE INDICATOR "WELL BEING PERCEIVED" HAS BEEN EVALUATED IN CONJUNCTION WITH THE OTHER TWO DIMENSIONS, "QUALITY OF LIFE" AND "LIFE SATISFACTION" THROUGH EIGHT SCENARIOS: MONEY, HOUSING, LEISURE, WORK, HEALTH AND RELATIONS WITH PARTNER, FAMILY AND FRIENDS**





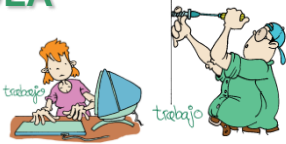
THE METHODOLOGY WAS BASED ON A COMBINATION OF QUANTITATIVE AND QUALITATIVE TECHNIQUES FOR COLLECTING PRIMARY INFORMATION. THE QUANTITATIVE PHASE WAS CARRIED OUT USING A COMPUTER ASSISTED TELEPHONE INTERVIEW (CATI) ON A SAMPLE OF 2.018 RANDOMLY SELECTED SPANIARDS OF DIFFERENT AGE GROUPS. THE QUALITATIVE WORK CONSISTED OF SEVERAL GROUPS IN DIFFERENT SPANISH CITIES



RESULTS



PHYSICAL ACTIVITY AMONG SPANISH

WALK 	RESULT (%)	SPORT 	RESULT (%)	DLA 	RESULT (%)
< 30 Minutes Day	22%	No Practice	63%	Seated	31%
30 – 60 Minutes Day	40%	Practice	37%	Standing	31%
> 30 Minutes Day	33%	Active Practice (2 - 3 Day Week / Daily)	70%	Walking	27%
				Heavy Work	11%

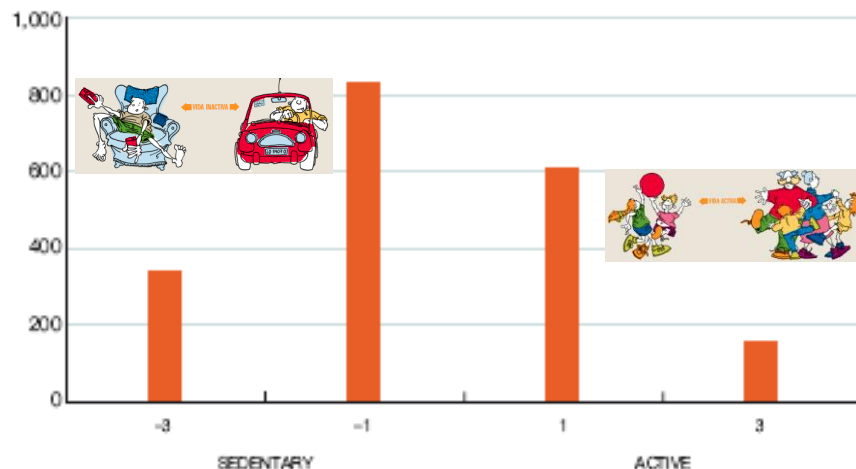


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LIFESTYLE INDEX FROM PHYSICAL ACTIVITY AMONG SPANISH

Classification of the Spanish population in the *Lifestyle Index* (LSI)



Source: Study E0727 IESA-CSIC.

Frequencies from the *Lifestyle Index*

VALUE	FREQUENCY	PERCENTAGE	ACCUMULATED PERCENTAGE
-3	343	17.6	17.6
-1	835	43.0	60.6
1	611	31.5	92.1
3	154	7.9	100.0
Total	2,018	100.0	

Source: Study E0727 IESA-CSIC.

SIX OF EVERY TEN PERSONS ARE SEDENTARY, MEANING, «THEY DON'T WALK WITH MUCH FREQUENCY (OR SIMPLY NOT AT ALL), THEY DON'T PRACTICE SPORT OR ONLY DO SO IN A SPORADIC MANNER, AND THEY SPEND THE MAJORITY OF THE WORKING DAY SEATED OR STANDING, WITHOUT HAVING TO PUT FORTH GREAT EFFORT». ON THE OPPOSITE SIDE ARE THE ACTIVE PERSONS (39 PERCENT), WHO «TEND TO WALK REGULARLY, DO SPORT AT LEAST THREE TIMES A WEEK AND SPEND THEIR TIME AT WORK WALKING WITH FREQUENT TRIPS OR DOING HEAVY WORK»

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REGRESSION ANALYSIS

PERCEIVED HEALTH (dependent variable) & PHYSICAL ACTIVITY (independent variable)

Regression analysis⁽⁵⁾ Dependent variable: perceived health.
Independent variables: lifestyle

	a) TOTAL SAMPLE		b) YOUNG PEOPLE		c) ADULTS		d) SENIORS	
	B (SE)	IMP ⁽⁶⁾	B (SE)	IMP	B (SE)	IMP	B (SE)	IMP
Walking/ taking walks	0.172 (0.022)**	33.7%	0.074 (0.035)*	15.1%	0.135 (0.049)**	37.2%	0.180 (0.034)**	31.9%
Sport	0.241 (0.022)**	62.5%	0.178 (0.035)**	83.7%	0.165 (0.049)**	54.1%	0.122 (0.034)**	13.2%
Activity	0.052 (0.022)**	3.8%	-0.023 (0.035)		-0.072 (0.049)		0.240 (0.034)**	54.8%
Corrected R ²	9.2%		3.3%		3.2%		11.5%	

Source: Study E0727 IESA-CSIC.

IN THIS REGRESSION WE CAN SEE THAT THE THREE VARIABLES TOGETHER CAN EXPLAIN 9 PERCENT OF THE VARIABILITY IN THE INDICATOR, PERCEIVED HEALTH AMONG THE SPANISH POPULATION, SPORT BEING THE ONE THAT CONTRIBUTES MOST TO THIS VARIATION, WITH AN IMPORTANCE OF 62.5 PERCENT, FOLLOWED BY WALKING OR TAKING WALKS (33.7 PERCENT), AND LAST, WITH MUCH LESS IMPORTANCE, THE ACTIVITY TAKING PLACE IN DAILY LIFE, WHICH HAS LITTLE INFLUENCE (LESS THAN 4 PERCENT) IN THE SELF-PERCEPTION OF HEALTH.



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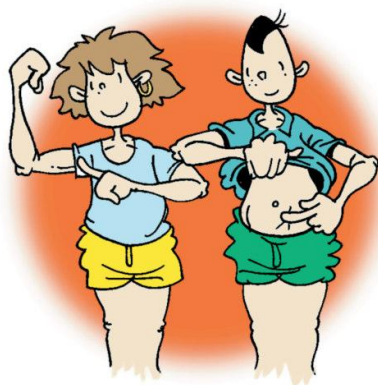
REGRESSION ANALYSIS

PERCEIVED WELL BEING (dependent variable) & PHYSICAL ACTIVITY (independent variable)

Regression analysis⁽⁹⁾ Dependent variable: wellbeing.
Independent variables: lifestyle

	a) TOTAL SAMPLE		b) YOUNG PEOPLE		c) ADULTS		d) SENIORS	
	B (ET)	IMP ⁽⁴⁾	B (ET)	IMP	B (ET)	IMP	B (ET)	IMP
Walking/taking stairs	0.112 (0.022)**	17.9%	0.102 (0.034)**	12.4%	0.033 (0.050)		0.141 (0.035)**	26.0%
Sport	0.244 (0.022)**	80.6%	0.232 (0.034)**	68.3%	0.141 (0.050)**	87.4%	0.163 (0.035)**	31.5%
Activity	0.032 (0.022)		-0.123 (0.034)**	19.3%	0.041 (0.050)		0.179 (0.035)**	42.5%
Corrected R ²	7.2%		7.3%		0.8%		8.4%	

Source: Study E0727 IESA-CSIC.



**IN THE REGRESSION ANALYSIS,
WHEN ALL THE VARIABLES
TOGETHER ARE TAKEN INTO
ACCOUNT, WE SEE THAT PHYSICAL
ACTIVITY IS NOT STATISTICALLY
SIGNIFICANT, SPORT BEING
THE FACTOR OF GREATEST
IMPORTANCE AMONG THE THREE
VARIABLES WHICH MEASURE
THE ACTIVE LIFESTYLE OF
THE POPULATION**

CONCLUSIONS





THE RESULTS SUGGEST THAT PEOPLE WHO REGULARLY ENGAGED IN PHYSICAL ACTIVITY TEND TO VALUE THEIR HEALTH MORE POSITIVELY

MOREOVER THE RESULTS SHOW THAT, ALONG WITH MONEY, HOUSING, LEISURE, WORK, HEALTH AND SOCIAL RELATIONSHIPS, PHYSICAL ACTIVITY INFLUENCES THE SUBJECTIVE EVALUATION OF OUR WELL BEING



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